



# YOGA SCHOOL SAMPLER

## OCTOBER 19, 2024

### YOGA SPIRIT ACADEMY

Are you interested in knowing more about yoga teacher training?

Do you think you would like to attend Yoga Spirit Academy?

**Saturday,  
October 19  
from 4:00-  
5:30pm**

**This event is  
FREE but space  
is limited. Re-  
serve your spot  
today by con-  
tacting us by  
email or text.**

**Janet Parachin  
jparachin@cox.net  
or 918-261-9786**

Classes are held  
at **Tulsa Yoga  
Meditation  
Center**, 5319 S  
Sheridan Rd,  
located in The  
Farm Office  
Building, 51st  
and Sheridan  
Rd

Then you are invited to this FREE event so you can sample a yoga school training weekend with us.

- Practice pranayama (yogic breathing techniques)
- Learn how to teach a yoga pose with modifications, props and assisting
- Participate in a discussion of yoga philosophy
- Practice group meditation

#### ABOUT YOGA SPIRIT ACADEMY

For the past 17 years Yoga Spirit Academy has been offering a traditional 200-hour yoga teacher training, the international standard for yoga teachers. Our graduates have opened their own studios, taught in fitness centers, for local companies and online. Many have combined yoga with other healing modalities such as massage, physical therapy and Reiki.

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#### Meet the Instructors

**Dr. Janet Parachin** is a certified yoga therapist, Yoga and Ayurveda Wellness Consultant and Reiki Master Teacher.

**Victor Parachin** is a Vedic educator, Buddhist meditation teacher and certified yoga teacher. He is the author of numerous books on eastern and western spirituality.

*Together they are the owners and instructors of Tulsa Yoga Meditation Center and Yoga Spirit Academy yoga teacher training.* **[www.YogaSpiritTulsa.com](http://www.YogaSpiritTulsa.com)**

